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This Book was
left to me by my
dear Sister Eleanor
Mathews who died
16th May 1859 Aet.
yrs 77 & 6 Months the
1st day of May

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Oatlands Park
Surrey

N B E. M died
at her Residence
Mount Pleasant
Lower Tulse hill
Brixton
Surrey
formerly of Stratford
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To all
LADIES & GENTLEWOMEN
in Generall,

Who love the Art of
PRESERVING & CANDYING.

Ladies and Gentlewomen,

I Here preſent you with a true, and moſt eaſie way of Practiſing what you ſhall find mentioned in this little Book: which though but little, containeth more

than all the Books that ever I ſaw Printed in this Nature, they being rather Confounders, than Inſtructers.

I do aſſure you all, that they are very choice Receipts, and ſuch as I have not taken up on the credit of others; but do commend them to you from my own Practice, who have had the Honour to perform ſuch things for the Entertainments of His late Majeſty,

Majeſty, as well as for the Nobility. I could have enlarged the Volume very much, had I not picked out only ſuch as I thought to be the very beſt; and ſuch as hath coſt me much time, and great pains to gather together. Be pleaſed therefore to prove any one of them, and do it with a diligent care, and then I am ſure you will be Encouraged to the reſt. Here you will find pleaſant Em-

ployment both for Winter and Summer. If I find this Book ſo generally accepted on, as it is by thoſe who know both me and my Practice herein, I ſhall then preſent you with ſome of my Choiceſt Cookery, which may be very uſeful to all that do delight in neat and noble Entertainments. If any deſire to be further enformed in theſe Arts, be pleaſed to enquire for me where you find

find theſe Books are to be ſold, and I ſhall readily do them any ſervice.

Thus beſeeching you all to try the reality of my Endeavours, by your Practice herein:

I remain,

Ladies,

Your very Humble Servant,

Hanna Wolley.

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FINIS.

1 *To preserve White Quinces.*

TAke your faireſt Ripe Quinces, and Quoddle them very tender, ſtirring them about often with the back of a ladle for fear they Quoddle not all alike; when you perceive them to grow tender, thruſt a ſtraw to the Core, and if it will paſſe, they are enough, then Core them with a Scoop or ſmall Knife, then pare them neatly, and weigh them; to every pound of Quinces, take a pound of Double-Refined Sugar, and a pint of the water wherein thin Slices of Pippens have been boyled, for that is of a Jellying quality; ſtrain that pippin-water well, put your Sugar to it, and make a Sirrop; when it is well Scumm'd, put in your Quinces, and boyle them as faſt as poſſibly you can, for that will keep them whole and white; take them from the fire ſometimes and ſhake them gently, keep them clean

Scumm'd; when you perceive them to be very clear, put them into gally Pots or Glaſſes; then warm the Jelly, for ſo it will be; ſtrain it, and pour it ſoftly over them, do not cover them till they be cold, theſe will keep three Months.

2 *To make Conſerve of Red Roſes.*

TAke their Buds and clip off the Whites, then take three times their weight in Double-Refined Sugar, beat the Roſes well in a Stone or wooden Morter, then put in the Sugar by little and little; and when you find it well Incorporated, put it into Gally pots, and cover it over with Sugar, and that will keep in the ſtrength, ſo it will keep ſeven years or more: the oldeſt is alwayes the beſt to uſe.

3 *To Preſerve Aprecock's in Jelly.*

TAke of your faireſt Aprecocks, not too Ripe, ſtone them, and weigh them; then take to every pound of Aprecocks a pound of the fineſt Sugar, and a pint of pippen water, as is before mentioned, make a Sirrop of it, and Scum it; then having your

your Aprecock's neatly pared, put them in, and boyle them quick, taking them from the fire ſometimes alittle while: when you perceive them to be very clear, put them into Glaſſes, & when they are almoſt cold, warm the Jelly and put over them.

4 *To make plain Biſket Cake.*

TAke a pottle of Flower, and put to it half a pound of fine Sugar, half an ounce of Carroway-ſeed, half an ounce of Anniſeeds, ſix ſpoonfulls of yeaſt; then boyle ſome water, about a pint or little more, put into it a quarter of a pound of Butter, or a little more, let it ſtand while it is ſomewhat cold, then temper them together, till it be as thick as for manchet; then let it lie a while and riſe; ſo roule them out very thin, and prick them, and bake them in an Oven not too hot.

5 *To make Green Paſte of Pippens.*

TAke your Pippens while they be Green and Quoddle them tender, then pill them, and put them into a freſh warm water, and cover them cloſe, till they are as

green as you would have them; then take the pulpe from the Core, and beat it very fine in a morter; then take the weight in Sugar and wet it with Water, and boyle it to a Candy height; then put in your pulpe, and boyle it till it will come from the bottom of the Skillet; then drop it upon plates dusted with Sugar, or into Moulds; so dry it in a Stove and keep it all the year.

6 *To make Paste of any Plumbs.*

TAke the Plumbs and put them into a pot, cover them close; then set them into a pot of seething Water, and let them stand till they be tender; then put forth their Liquor, and strain the pulpe through a canvis strainer; then take to half a pound of the pulpe of plumbs, half a pound of the pulpe of pippens; beat them together, take their weight in fine Sugar, and boyle it to a candy height, with as much water as will wet it; then put in your pulpe, and boyle it till it will come from the bottom of the posnet, then dust your plates with searced Sugar, and drop them on, so dry them in a stove.

To

7 *To make Almond Gingerbread.*

TAke a little Gum-Dragon, and lay it in ſteep in Roſe-water one night, then take half a pound of Jordan Almonds blanched, and beaten with a little Roſe-water, wherein the Gum-Dragon hath lien; then take almoſt half a pound of ſugar finely ſearced, one ounce of Ginger, one ounce of Sinnamond; beat theſe altogether with Roſe-water, then work it into a paſte, ſo print it, and dry it in ſome warm place, as a Stove or Oven.

8 *To make Snow Cream.*

TAke a pint of Cream, and the whites of three Eggs, one Spoon-full or two of Roſe-water, whip it to a Froth with a Birchen Rod, then caſt it off the Rod into a Diſh, in the which you have firſt faſtened half a Manchet with ſome Butter on the bottom, and a long Roſe-mary ſprigg in the middle: When you have caſt all the Snow on the diſh, then garniſh it out with ſeverall ſorts of Sweet-meats.

9 *To Preſerve Orenges and Lemmons, that they ſhall have a Rock-Candy on them in the Sirrop.*

TAke your Orenges or Lemmons, and cut them in halfs; or if you will do them whole, then cut a little hole in the bottom, ſo that you may take out all the meat; lay them in water nine dayes, changing the water twice every day; then boile them in ſeverall waters, till a Straw will run through them; then take to every pound of Orenge or Lemmon a pound of fine Sugar, and a quart of water; make your Sirrop, and let the Orenges boile a while in it, then ſet them by for five or ſix dayes in their Sirrop; then to every pound of Orenges take a pound more of Sugar, and put it into the Sirrop, and boile your Orenges till they are very cleer; then take the Orenges out, and boile your Sirrop almoſt to a Candy.

10 *To make Sugar Plate.*

TAke a ſpoonfull of Gum-Dragon, and lay it in ſeven ſpoonfulls of Roſe-wa-

ter

ter two dayes, then grind it in an Alabaſter Morter, then put to it ſome ſearced Sugar by degrees, ſtill keeping it beating till it come to perfect paſte, which will be a good while firſt; then work it with Sugar, and roule it abroad in thin Cakes fit for your mould; duſt your moulds with Sugar, and ſo print it, it will dry of it ſelf: if you would colour it, you ſhould dry ſome Flowers, as *Burrage*, Roſes, and Marygolds, or any other Flower, ſo beat them, and ſearce them; as you are beating of it, make ſome white, and ſome with a little oile of Anniſeeds, that is good for Colds, or the Wind; you may make ſome with Sinnamond ſearced.

11 *To make artificiall Wallnuts..*

TAke ſome of the Sugar Plate, print it in moulds made for a Wallnut Kernell, yellow it over with a little Saffron-water with a Feather, then take ſearced Sinnamond and Sugar, as much of the one as the other; work it in paſte, with ſome Roſe-water, wherein Gum-Dragon hath been ſteeped; then print in moulds for a Wallnut-ſhell, and when they are dry,

cloſe

close them together over the Kernel, with a little of the Gum-water.

12 *To make short Cakes.*

TAke a pint of new Yeast, and a pound and quarter of butter, or more; melt your butter, and let it cool a little; then take as much fine Flower as you think will serve, mingle it with the butter and yeast, put in as much Rose-water and Sugar, as you think fit, and if you please some Carroway Comfits, so bake them in little Cakes; the longer you keep them, the better, if it be to half a year.

13 *To Preserve Red Roses, Which is altogether as effectuall for any use as the Conserve is.*

TAke Red Rose-buds clean clipped from their whites, one pound, put them into a skillet with four quarts of running water, wine measure, let them boile apace, till three quarts be boiled away; then put in three pounds of fine Sugar, and let it boile till it begins to be thick; then put in the juice of a Lemmon, then boile it a little

little longer, and when it is almoſt cold, put it into Gally-Pots, and ſtrew them over with ſearced Sugar, and ſo keep them as long as you pleaſe.

14 *A very good Cordial Infuſion.*

TAke the fleſh of a Cock-Chick, cut in ſmall pieces, and put into a Glaſs with a wide mouth; put to it one ounce of Harts-horn, half an ounce of red Corrall, with a little large Mace, and a ſlice or two of Lemmon, and two ounces of white Sugar-Candy, ſtop the Glaſs cloſe with a Cork, and ſet it in a Veſſel of ſeething-water, and ſtuff it round with hay, that it jogg not; when you find it to be enough, give the ſick-party two ſpoonfulls at a time warm.

15 *For a Cough of the Lungs.*

TAke two ounces of oile of ſweet Almonds newly drawn, three ſpoonfulls of Colts-foot water, two ſpoonfulls of red-roſe-water, two ounces of white Sugar-candy beaten fine; mingle all theſe together, and beat it one hour with a ſpoon, till

till it be very white; then take this upon a ſtick of Liquoriſh; this, a child that is newly born, may take, or any one who hath a Cough, or Hoarſneſs; it is alſo very good for the Stone.

16 *To Preſerve Grapes.*

TAke your faireſt white Grapes, and pluck them from the ſtalks; then ſtone them carefully, and ſave their juice; then take to a pound of Grapes, a pound of the fineſt *Sugar*, and a pint of Water, wherein ſliced Pippens have been boiled, ſtrain that Water, then with your *Sugar* and Water, make a Sirrop; when it is well ſcummed put in your Grapes and boile them very faſt, keep them clean ſcumm'd; and when you ſee they are as cleer as glaſs, and that the *Sirrop* will Jelly, put them into Glaſſes.

17 *To make Collops of Bacon in Sweet-Meats.*

TAke ſome *March*-pain paſte, of which I ſhall ſpeak of hereafter, and mould it with red Sanders finely ſearced, ſo much as will make it of a good red; when it is well worked

worked, roul it abroad in three thin roules; then take four roules of the white March-pain, ſo lay them, firſt a red, and then a white; then cut them athwart, and bake them in a warm Oven, and they will be like Collops of Bacon.

18 *To make Violet Cakes.*

TAke the faireſt, and clip them from their whites; then take as much hard Sugar as they weigh, beat it fine, and wet it with fair water, and boil it to a Candy height, then put in your Violets, and ſtir them well together, then pour them out upon a wet plate, and cut them in what faſhion you pleaſe: thus you may do with any Flowers or Herbs, and they will be very pretty, and pleaſant.

19 *To Preſerve white Damſons.*

TAke to every pound of Damſons, one pound of fine *Sugar*, and a quarter of a pint of fair water; make your *Sirrop*, and ſcum it well, then take it from the fire; and when it is almoſt cold, put in your Damſons, and boil them ſoftly, then take them

them off a while; and when they have ſtood a while, ſet them on again, and boile them apace; when you perceive them to be very cleer, put them into Glaſſes; and when they are almoſt cold, pour the *Sirrop* over them.

20 *To make Cake.*

TAke to a peck of flower, four pounds of Currants, well waſhed and dried, four pounds of Butter, one pound of *Sugar*, one ounce of *Sinnamond*, one ounce of Nutmegs; beat the ſpice, and lay it all night in Roſe-water, the next day ſtrain it out; then take a pint and a half of good Ale yeaſt, the yolks of four Eggs and one white, a pint of Cream; put a pound of the Butter into the warmed Cream, or ſomething more, put the other into the Flower in pieces, then wet your Flower with this, and put in your Currants, and four or five ſpoonfulls of Carroway Comfits, let it lie one hour to riſe, then make it up, and put it upon a double paper buttered, then ſet it into an Oven very carefully heat, and let it ſtand two houres.

21 *To make Paſte of Barberies.*

TAke the pulpe of quoddled pippens, and and as much of the juice of *Barberies*, as will well colour it, then take the weight of it in fine *Sugar*, boile it to a Candy height, with a little water; then put in your pulpe, finely beaten, and boile it till it come from the bottom of the poſnet, alwayes ſtirring it, then duſt your plate with ſearced *Sugar*; and drop it thereon, ſo dry them in a *Stove*.

22 *To make Paſte Royall,*

TAke Marmalade before it be cold, and mould it up with ſearced *Sugar*, till it come to a perfect paſte, then roul it abroad, and duſt your moulds with *Sugar*, ſo print it, and dry it.

23 *To Preſerve Barberies.*

TAke a pound of ſtoned Barberies, then take twice their weight in fine *Sugar*, then ſtrip to or three handfulls of Barberries from their ſtalkes, and put them into

a Diſh or Pot, with two ſpoonfulls or more of beaten Sugar; ſo ſtir them up and down, and when you ſee they are well plumped, ſtrain them; you muſt have as much of the juice of theſe Barberries as will wet your Sugar, that you preſerve your Barberies with, for you muſt put in no water; then boile your Sugar and Juice, and put in your ſtoned Barberries, and boile them as faſt as you can, till you ſee they are very cleer, then put them up.

24. *To make Jelly of Currants.*

TAke your Currants clean picked from the ſtalks, and to a pound of them, take three quarters of a pound of hard Sugar; you muſt ſtrain them after they are weighed, then put your Sugar into a Skillet with as much fair water as will melt it; then boile it, and ſcum it, then put in your juice and boile it till it will Jelly.

25 *To make a Goosberry Cuſtard.*

TAke a pint and half of Goosberries, put them into a Skillet or preſerving pan, with a pint and half of fair water, ſcald them

them till they be very tender; then bruiſe them in the water, and ſtrain them, and boyle them with a pound and half of fine ſugar till it be of a good thickneſs; then put to it the yoalks of ſeven eggs, and a pint of Cream, with a ſliced Nutmegge and a little Roſe-water; you may put in a little Musk or Ambergreaſe: ſtir theſe well together over the fire, and when you think it is enough, pour it into a diſh, and when it is cold, eat it.

26 *To make Bisket.*

TAke a pound of ſearced flower, as much fine ſugar ſearced, the whites of ſeven eggs, and ſix of the yoalks, beat them a little, then mingle the flower and ſugar together, and put in ſuch ſpice and ſeeds as you ſhall like beſt, with a little Musk or Ambergreaſe, and a little Roſe-water; put all theſe with the eggs into a ſtone morter, beat them two houres, then butter your plates, and drop them on, then with a feather waſh them over with ſome Roſe-water and ſugar, and ſo ſet them into the Oven not too hot; let them ſtand about a quarter of an hour or little more.

27 *To make Perfumed Lozinges.*

TAke twelve graines of Ambergreece, and ſix graines of Muske, and beate it with ſome Sugar Plate ſpoken of before, then roule it out in thin Cakes, and cut them like Diamonds, or make them round like Comfits, and ſo perfume a bottle of Wine with one of them.

28 *To preſerve Goosberries.*

TAke your Goosberries and ſtone them, then take a little more than their weight in fine ſugar, then with as much water as will melt the ſugar, boyle it and ſcum it, then put in your Goosberries and let them boyle apace, and ſcum them; when you perceive they are clear, take them up and put them into Glaſſes; then boyle the Sirrop apace, till it will Jelly, and put it ſoftly over them.

29 *To Candy Iringoe Roots.*

TAke the Roots new gathered, without knots or joynts, then waſh them clean, and

and put them into boyling water, and let them boyle very tender, then waſh them in two or three waters, dry them in a cloath, ſlit them, then bread them in brades as you would have them, or twiſt them, then take twice their weight in fine ſugar, take half that ſugar, and to every pound of ſugar, one quarter of a pint of Roſe-water and as much fair water, make thereof a ſirrop, then put the roots therein, and when they are tender and clear, wet the reſt of the ſugar with Roſe-water, and boyle it to a candy height, then put in the root's, boyle them, and ſhake them, and when you have ſhaked them up and down, till they are cold and dry, lay them on papers or plates till they are throughly dry, ſo put them into boxes: thus you may candy Orenges, or Lemmons, or Cittrons, or Lettice Stalkes.

30. *To make Leach.*

TAke one ounce of Iſinglaſs, and lay it in water twenty four hours, changing the water three or four times, then take a quart of milke, boyle it with a little ſliced Ginger, and a ſtick of Sinnamond, one ſpoonful of Roſe-water, and a quarter of

a pound of Sugar, when it hath boyled a while, put in the Iſinglaſs, and boyle it till it be thick, keeping it ſtill ſtirring for fear it burn or turn, then ſtrain it, and keep it ſtirring that it cream not; when it is cold, you may ſlice it out; and ſerve it in upon plates, you may colour ſome with Saffron, and ſome with Turnſole, and lay one ſlice upon another, and it will look like Bacon; it is good for weak people.

31 *The Cordial Cherry Water.*

TAke nine pounds of Red Cherries, nine pints of Clarret Wine, eight ounces of Sinnamond, three ounces of Nutmeggs; bruiſe your Spice, ſtone your Cherries, and ſteep them in the Wine, then adde to them half a handfull of Roſemary, half a handfull of Balm, one quarter of a handfull of ſweet Marjorum; let them ſteep in an earthen pot four and twenty houres, and as you put them into the Limbeck to diſtill them, bruiſe them with your hands; make a ſoft fire under them, and diſtill them by degrees; you may either make ſeveral waters, or mingle them at your pleaſure; when you have thus done,

ſweeten

ſweeten it with Loaf-Sugar, then ſtrain it into another Glaſs, and ſtop it cloſe that no Spirrits go out; you may (if you pleaſe) hang a bagg with Musk and Amber-Greece in it; when you uſe it, mix it with Sirrop of Gillyflowers, or of Violets, as you beſt like; it is an excellent Cordiall for Fainting Fits, or a Woman in Travail, or for any one who is not well.

32 *A moſt excellent water for the Stone or Wind-Collick.*

TAke two handfulls of Mead-parſley, otherwiſe called Saxa-frage, one handfull of Mother-Time, two handfulls of Perſtone, two handfulls of Phylipendula, and as much Pellitory off the Wall, two ounces of ſweet Fennel-*Seeds*, the roots of ten Radiſhes ſliced, ſteep all theſe in a Gallon of milk, warm from the Cow; four hours after this water is ſtilled in an ordinary Still, ſlice half an ounce of the wood called *Saxa-frage*, and put into the bottle to the water, keep it cloſe ſtopped, and take three ſpoonfulls at a time, and faſt both from eating and drinking one hour after.

You muſt *Still* this about *Mid-Summer*.

33 *To take away the ſignes of the ſmall Pox.*

TAke ſome Perma-cittie and put to it twice as much of the beſt *Bees*-wax, melt them together, then ſpread it upon Leather like a *Mask*, and cut holes for your Eyes and *Mouth*, then lay it on your face, and keep it on Night and Day.

34 *For Morphew, or Freckles, or to cleer the Skin.*

TAke the roots of Cuckoe-pint twice waſhed in fair water, and dryed in the *Sun*, and then waſhed in Roſe-water, and dryed, beat them fine, and keep them for your uſe; when you would uſe them, take half a pint of White-Wine, half a pint of Fumitory-water, two ounces of bitter Almonds, blanched and beaten ſmall, half a Nutmegg grated, the juice of a Lemmon, and as much *Sugar*-Candy as will make it a little ſweet, then put in one ſpoonfull of your *Powder*, and waſh your face morning and evening.

35 *A very rare Water, which hath reſtored many (as I can very well witneſſe) out of deep Conſumptions.*

TAke a red Cock, pluck him alive, then ſlit him down the back, and take out all his Entrailes, cut him in quarters, and bruiſe him in a morter, put him into an ordinary *Still*, with a pottle of *Sack*, and a quart of milk, new from a red Cow, one pound of Corrants beaten, one pound of Raiſins in the *Sun* ſtoned and beaten, four ounces of Dates *Stoned* and beaten, two handfulls of Penny-royal, two handfulls of Pimpernel, or any other cooling herbe, one handfull of wilde Time, one handfull of Roſemary, and one handfull of *Burrage*, one quart of Red-Roſe-Water, two ounces of Hartshorn, two ounces of Chiney: paſte up your *Still* very cloſe, and *Still* it with a ſoft fire; put into the glaſs wherein it droppeth, one pound of *Sugar-Candy* beaten very ſmall, twelve penny-worth of leaf-gold, ſeven graines of Musk, eleven graines of Amber-Greece, ſeven graines of Unicorns Horns, ſeven graines of Bezar Stone; when it is

all ſtilled, mix all the waters together, and every morning faſting, and every evening when you go to reſt, take four or five ſpoonfulls of it warme, for about a Moneth together. This hath Cured many whom the Doctors have given over.

36 *To make Almond-Butter to look white.*

TAke about two quarts of water, the bottom of a Manchet, a blade of large Mace, boile it half an hour, then let it ſtand till it be cold; then take a pound of ſweet Almonds, blanched and beaten with Roſe-water very fine, ſo ſtrain them with this boiled water oftentimes, till you think the Vertue is out of them, then it will be a thick Almond-Milk; then put it into a Skillet, and make it boiling hot, and that it ſimpers; then take a ſpoonfull of the juice of Lemmon, and put into it, ſtirring of it in; and when you perceive it ready to turn, then take it from the fire, and take a large fine Cloth, and caſt it all over the Cloth with a Ladle; then ſcrape it altogether into the middle with a ſpoon, then tie it hard with a packthred, ſo let it hang till

till the next morning, then put it in a diſh, and ſweeten it with fine Sugar and Roſe-water; you may put in a grain or two of Musk if you pleaſe.

37 *An Excellent Drink for the Tiſick.*

TAke a pottle of ſmall Ale, or indifferent ſtrong Beer, one pound of Raiſins of the Sun ſtoned, with a little handfull of pennyroyall, boile theſe together, and adde a little Sugar-Candy to it, the oftener you take it, the better; five ſpoonfulls at a time.

38 *Wallnut-Water, which is called the Water of Life.*

TAke green Wallnuts in the beginning of *June*, beat them in a Morter, and Still them in an ordinary Still, keep that Water by it ſelf; then make a ſecond Water, gathering your Wallnuts about *Midſummer*, or within a little after, uſe them as the other, keep that alſo by it ſelf, then take a quart of each, and mix them

together, and Still them in a Glaſſe Still, and keep it for your uſe.

The Vertues.

IT will heal all manner of Dropſies and Palſies, Drank with Wine faſting; it is good for the Eyes if you put one drop therein, it helpeth the Conception in a Woman if She drink thereof, one ſpoonfull in Wine once a day; it will make them fair if it be waſhed therewith; it is good for all infirmities in the body, and driveth out all Corruption and inward Bruiſes, if it be drank with Wine moderately, or with Water; it killeth Worms in the Body; whoever drinketh much of it, ſhall live ſo long as nature ſhall continue in him finally; if you have any Wine that is turned, put in a little Viol full of it, and keep it cloſe ſtopped, and within four dayes it will rectifie it again.

39 *To make Marmalade of Aprecocks.*

TAke the ripeſt, ſtone them, and pare them, and beat them in a morter, then

then boile them in a diſh over a Chaffing-diſh of Coales till they are ſomewhat dry, then take their weight in fine Sugar, and boile it to a Candy-height with ſome Roſe-water, then put in your pulpe of Aprecocks, and boil them together till it will come from the bottom of the Skillet, ſtirring it alwayes for fear it burn.

40 *For to make Sirrop of Turneps.*

TAke your beſt Turneps and pare them, then bake them in a Pot, then take the cleere juice from them, and with the like weight in fine Sugar, boile it to a Sirrop.

41 *To make Wormwood-water.*

TAke four ounces of Anni-ſeeds, four ounces of Licoriſh ſcraped, bruiſe them well, with two ounces of Nutmegs; adde to them a good handfull of Wormwood, a Root of Agellico, ſteep them in three Gallons of Sack-Lee's, and ſtrong Ale twelve houres, then diſtill them in a Limbeck.

42 *To make Jelly for a weak Body.*

TAke a red Pigg that is not fat, dreſſe it clean; boil it in a ſufficient quantity of fair water, with four ounces of Green Licoriſh ſcraped and bruiſed, Maiden Hair two handfulls, Colts-Foot one handfull, Currants half a pound, Dates two ounces ſtoned; boil theſe to a ſtrong Jelly; then ſtrain it, and take off the fat, then put to it half a pound of Sugar, half a pinte of White-Wine, and clariſie it with the whites of two Eggs, and eat it at your pleaſure.

43 *An Almond Milk for a Feavour, Cordially to cool, though in Child-Bed.*

TAke Roſemary-Water, Endive-Water, Lettice-Water, and Damask-Roſe-Water, of each a like quantity, and with Almonds blanched and ſtamped with Roſe-water, make an Almond-Milk, which being ſtrained, ſet it to the fire, and heat it boiling hot, putting in a little Mace; ſo ſweeten it with Sugar, and drink it warm,

warm when you go to Bed.

44 *An Excellent Cordial.*

TAke three graines of *Eaſt-Indian* Bezar, as much of Amber-Greece, powder them ſmall, with a little Sugar, and mingle it with a ſpoonfull and a half of the Sirrop of the Juice of Cittrons, one ſpoonfull of Sirrop of Clove Gilly-Flowers, and one ſpoonfull of Synnamond-water, warm it well and take it.

45 *To make Sugar Cakes.*

TAke a pound of Loaf-Sugar, beaten and ſearced, with four ounces of the fineſt Flower, put to it a pound of Butter well waſhed with Roſe-water, and work it with the Flower; then take the yolks of four Eggs, and beat them with four ſpoonfulls of Roſe-water, in which it hath been ſteeped two or three dayes before, Nutmeggs and Synnamond; then put to it ſo much Creame as will knead it to a ſtiff paſte; then roul it out into thin Cakes, and cut them with a Wine-Glaſs, ſo prick them and bake them.

46 *To make black Juice of Licoriſh.*

TAke two Gallons of running Water, three handfulls of unſet Iſop, three pound and half of Spaniſh Licoriſh ſcraped, and dried in the Sun and beaten; then cover it cloſe, and boil it almoſt a whole day; when it is enough, it will be as thick as Cream, then let it ſtand all night, in the morning ſtrain it, and ſet it in ſeveral little pans in the Sun, to dry, till it will work like wax; then mould it well with white Sugar-Candy, beaten and ſearced, and print it in little Cakes with Seals, and dry them, and keep them.

47 *Doctor Stephens his rare Water.*

TAke a Gallon of good Gaſcoine Claret-Wine, of Ginger, Synnamond, Nutmeggs, Cloves, Graines, Anni-ſeeds, Fennell-ſeeds, Carroway-ſeeds, of each one dram; of Sage, Red Mints, Roſes, Time, Pellitory, Roſemary, Wilde Time, Camomile, Lavender, of each of them one handfull bray; the Spice and Herbs, and

and put them into the Wine; let it ſtand ſo twelve hours, ſtirring it divers times, then diſtill it by Limbeck, and keep the firſt water by it ſelf, and ſo the reſt of your ſorts; ſet it in the Sun, all the Summer, and it will be the better.

48 *To make Marchpain according to the beſt Art.*

TAke two pound of *Jordan* Almonds, blanch them, and beat them very fine in a Stone Morter, with a little Roſe-water, then take one pound and a half of Sugar finely Searced, and when your Almonds are beaten to a very fine paſte, take them out of the Morter, and mould the paſte with a little ſifted Sugar, and let it ſtand one hour to cool; then roul it as thin as you would do for a Tart, and cut it round by the Plate, then ſet one edge about it, and pinch it, then ſet it on a bottom of Wafers, and bake it; when it is baked, take it out of the Oven, and Ice it with Roſe-water and Sugar and the white of an Egg, beat them well together, and ſpread it on with a Bruſh; then put it into the Oven again, and when you ſee the Ice

riſe

riſe white, and high, take it out, and ſet up a long piece of Marchpane, firſt baked; in the middle of the Marchpane, ſtick it with ſeveral ſorts of Comfits, then lay on Leaf-gold with a Feather, and the white of an Egg beaten.

49 *To Preſerve green Pippens.*

TAke green Pippens and ſcald them carefully, then pill them, and put them into another warm water, and cover them till they are as green as you will have them, and that they are ſo tender that a ſtraw may run to the Core; then to every pound of Apples, take a pound of the fineſt Sugar, and half a pint of Water, of which make a Sirrop; and when you have ſcummed it cleane, put in your Apples, and let them boil a while, then ſet them by till the next day, then boil them throughly, and put them into Gally-Pots.

50 *To Candy Flowers the beſt way.*

TAke Roſes, Violets, Cowſlips, or Gilly-flowers, and pick them from the white parts, then having Sugar boiled to a Candy

Candy height, with a little fair Water, put in as many flowers as your Sugar will receive, and continually ſtir them with the back of a Spoon; and when you ſee the Sugar harden on the ſides of the Skillet, and on the ſpoon, take them off the fire, and keep them with ſtirring in the warm Skillet till you ſee them part, and the Sugar lie as if it were ſifted upon them, then pour them on a paper while they are warm, and rub them gently, then ſift them thorough a Cullender as clean as may be; then pour them upon a clean cloth, and ſhake them up and down till there be hardly any Sugar left hanging about them.

51 *To Preſerve Peaches.*

TAke your Peaches when you may prick a hole thorough them, ſcald them in fair water, and rub the Fur off them with your thumb, then put them into a warm water, and cover them till they are green, then take their weight in Sugar, and a little water, boil it, and ſcum it, then put in your Peaches, and boil them till you think they are enough.

Thus

Thus you may do green Aprecocks or Plumbs when they are green.

52 *To make Marmalade of Damſons.*

TAke two pound of Damſons, and one pound of Pippens pared and cut in pieces, bake them in an Oven, with a little ſliced Ginger; when they are tender pour them into a Cullender, and let the Sirrop drop from them; then ſtrain them, and take as much Sugar as the Pulp weighs, boil it to a Candy height, then put in the pulp, and boil it till it comes from the bottom of the Skillet.

53 *Marmalade of Wardens.*

TAke Wardens and bake them in an earthen Pot, cut them ſmall from the core, beat them in a Morter, then take their weight in fine Sugar, and boil it to a Candy-height, then put in your pulp and a little beaten Ginger, and a grain or two of Muſk, boil it till it will come from the bottom of the Skillet, always ſtiring it for fear it burn.

54 *Green Marmalade of Pippens.*

SCald them as you do the preſerved green Pippens, then ſtamp them in a Morter, and take their weight in fine Sugar, boil it to a Candy height, then put in your pulp, and boil it till it comes from the bottom of the Skillet.

55 *To Preſerve green Walnuts.*

TAke green Walnuts, and ſteep them all night in fair water, in the morning pare them, and boil them in fair water, till they be tender enough to ſtick a Clove upon every one; then take a pound and a quarter of Sugar to every pound of Walnuts, and to every pound of Sugar take a pint of Roſe-water, make a Sirrop of it, and ſcum it, then put in your Walnuts, and boil them leaſurely till they are enough; when they are almoſt enough, diſſolve a little Muſk or Amber-Greece in a little Roſe-water and put in, then boil them a little, and put them in Gally-pots. This is a very Cordial Sweet-meat.

56 *To dry old Pippens.*

PAre them, and bore a hole through them with a little Knife or Piercer, and cut ſome of them in halfs, take out the Cores of them, as you cut them; then put them into a Sirrop of Sugar and Water, as much as will cover them in a broad Preſerving Pan, let them boil as faſt as may be, taking them ſometimes from the fire, and ſcumming them clean: When you perceive your Sirrop very thick, and your Apples cleer, then take them up and ſet them into a warm Oven till the next morning; then turn them, and put them in again: when they are dry, put them into Boxes: if you pleaſe to gliſter ſome of them, put them into the Candy-pot but one night, and they will look like Chriſtal.

57 *An Excellent Bisket Cake.*

TAke four new-laid Eggs, and almoſt two of the Whites, beat them till you can take them up in a ſpoon; then put in ſix ſpoonfulls of Roſe-water, and beat

beat them a quarter of an hour, then put in a pound of double-refined Sugar finely ſearced, beat them together one hour; then put to them one pound of the fineſt Flower; then beat them well, and put them upon Plates, buttered; ſet them into the Oven as faſt as you can; have a care in the baking; for that is a very great matter: let not your Oven be too hot.

Ice them over with Roſe-water and Sugar, and the white of an Egg.

58 *To Preſerve Bulloſs as green as Graſs.*

TAke them freſh gathered, prick them with a Knife in two or three places: Scald them after the manner of your green Peaches, or green Pippens; then take their weight in Sugar, and make a Sirrop with a little water; then put in your Bulloſſe, and boil them till they are very cleer, and the Sirrop thick.

59 *To Preſerve Medlars.*

TAke them at their full growth, and pare them as thin as you can, prick them with your Knife, and par-boil them reaſonable tender; then dry them with a cloth, and put them into as much clarified Sugar as will cover them; let them boil leaſurely, turning them, and ſcumming them, till they have well taken the Sugar; then put them into an earthen Pot, and let them ſtand till the next day, then warm them again half an hour; then take them up, and ſet them a dropping; then put into that Sirrop half a pint of Apple-water: I mean Water wherein Apples have been boiled, and a quarter of a pound of freſh Sugar: When it will Jellie, put it to the Medlars in a Gallie-Pot or Glaſs.

60 *To make Conſerve of Violets.*

LEt them be well picked, and when you have half a pound, ſtamp them in a Morter, and put two or three ounces of Sugar-Candy to them; then take it out of the

the Morter, and lay it upon a white paper, then take the weight of it in fine Sugar, and boil it to a Candie height; then put in your Violets, and let them boil a walme, or two, ſtirring them well: Cool it with a Silver Spoon, and between hot and cold, put them up.

61 *To Caſt all kind of things what you pleaſe, and put them into their Natural Colours.*

TAke half a pound of refined Sugar, boil it to a Candy height, with as much Roſe-water as will melt it; then take your moulds, being made of Alabaſter, and lay them in water, an hour before you put in the hot Sugar; then when you have put in your Sugar, turn your mould about in your hand, till your Sugar be cool; then take out the ſhape of your fruit, whatever it be, and colour them according to the nature of the fruit.

62 *To dry Pears naturally without Sugar.*

PAre them, and leave the Stalks and Pips on them; then bake them in an earthen Pot, with a little White-Wine, and cover them in the Oven; then drain them from their Sirrop, and lay them on a Sive or thin Board in a warm Oven, and turn them often, till they are dry, then box them.

63 *To make a rare Cordial-water.*

TAke a Gallon of White-Wine, two ounces of Mithridate, two ounces of Sinnamond, one handfull of Balm, a large handfull of Cowſlips, two handfulls of Roſemary flowers, half an ounce of Mace, half an ounce of Cloves, half an ounce of Nutmegs, ſteep theſe altogether four daies, let the ſpice be ſliced and bruiſed; they muſt be put in an earthen Pot, and covered very cloſe, then put them into an ordinary Still, paſte up the Still, and Still it leaſurely: Save the firſt Water by it ſelf, and the ſmall by it ſelf, to give to children,

(when

(when you have occaſion to uſe it) take a ſpoonful thereof, ſweetned with Loaf-Sugar; of the ſtrongeſt for a Man or a Woman, and of the ſmalleſt for a Child. This Water is good to drive out any Infection from the Heart, and to Comfort the Spirits.

64 *Another Cordial-Water.*

TAke Cellondine, Sage, Courſmary, Rue, Wormwood, Mugwort, Scordian, Pimpernel, Scabious, Egrimony, Betony, Balm, Cardus, Centory, Pennyroyal, Elecampane Roots, Tormentel with the Roots, Horehound, Roſa-ſolis, Marygold Flowers, Angellico, Dragon, Marjerum, Time, Camomile, of each two good handfulls; Licorice, Zeduary, of each an ounce, ſlice the Roots, ſhred the Herbs, and ſteep them in four quarts of White-Wine, and let it ſtand cloſe covered two dayes, then put it in an ordinary Still cloſe detted; when you uſe it, ſweeten it with Sugar, and warm it.

65 *To make Rasberrie-Wine*

TAke Rasberries, and bruiſe them with the back of a ſpoon, then ſtrain them, and fill a bottle with the Juice, ſtop it, but not too cloſe; let it ſtand four or five dayes; then pour it gently from the bottom, into a Stone Baſon, or any Tin Veſſel, and put as much Wine, either White, or Reniſh, as your juice will well colour; then ſweeten it with Loaf-Sugar, according to your taſte; put it up in bottles and ſtop it cloſe; the longer you keep it the better.

66 *To Preſerve Orenges in Jelly.*

TAke the thickeſt rin'd Orenges, pare them very thin, lay them in water three or four dayes, ſhifting them every day; then boil them in ſeverall waters till a ſtraw will run through them, then let them lie in a pan of water all night, then dry them gently in a cloth, then take to every pound of Orenges, one pound and a half of Sugar, and a pint of water, and make thereof a Sirrop; then put in your Orenges,

Orenges, and boil them till you ſee they are very clear, then put your Orenges into a ſive that they may drain; and put for every pound of Orenges one quarter of a pint of water (wherein ſliced Pippens have been boiled) into your Sirrop, and to every quarter of a pint of that water, adde a quarter of a pound of freſh Sugar; boil theſe together, and it will be a quaking Jelly.

67 *To make Roſa-Solis.*

Take a pottle of Aqua-Compoſita, & put it into a glaſs, then take a good handful of Roſa-Solis clean picked, (but not waſhed) put it into the Aqua-Compoſita; then take a pound of Dates ſmall beaten, half a pennyworth of long Pepper, as much of Graines, and of round Pepper, bruiſe them ſmall; take alſo a pound of Sugar well beaten, a quarter of a pound of Powder of Pearl, and four or ſix leaves of Book-Gold; put all theſe in your Aqua-Compoſita, and ſtir them well together in your Glaſs; then cover it very cloſe, and let it ſtand in the Sun fourteen dayes, ever taking it in at night; then ſtrain it,

and

and put it into a close bottle, and use it as you have need; when you gather the Rosa-Solis, you must not touch the Leaves with your hands.

68 *To make Christal Jelly.*

TAke a Knuckle of Veale, and two Calves Feet, lay them in water all night; then boil them in spring-water, till you perceive it to be a thick Jelly; then take them out, and let your Jelly stand till it be cold; then take the cleerest and put it into a Skillet, and sweeten it with Rose-water, and fine Sugar; put in a little whole Spice, such as you love, and if you please, a grain of Musk: when it hath all boiled together, let it stand till it be cold. This is very good for a Weak, or sick Body.

69 *To make Chiney Broth for a Weak Body.*

TAke three ounces of Chiney, sliced thin, and three pints of fair water, half an ounce of Harts-horn, let it steep together twelve hours, then put in a Red Cock quartered and bruised, one ounce of

of Raiſins of the Sun ſtoned, one ounce of Currants, one ounce of Dates, one Parſley root, one Fennel root, (their pith taken out,) a little Burrage and Bugloſs, two ſpoonfulls of Barley; boil all theſe things together twelve hours.

70 *The Heart-water.*

TAke five handfuls of Roſemary Flowers, two drams of red Corral, two drams of white Corral, two drams of Powder of Pearl, two drams of white Amber, two drams of Sinnamond, two pound of the beſt Prunes, ſix pints of Damask Roſe-water, two pints of Sack; your Prunes muſt be ſtoned; put all theſe into a Pipkin never uſed, ſtop it up with paſte; let them ſtand upon a ſoft fire a little while; then Still them in an ordinary Still.

71 *To make Court Perfumes.*

TAke three ounces of Benjamin, lay it all night in Roſe-buds, the whites being cut off, beat them very fine in a ſtone morter, then take the Benjamin, and beat with

with the roſes, till it come to a perfect paſte, then take it out, and mingle it with half a quarter of an ounce of Muſk finely beaten, as much Civet; mould them up with a little fine Sugar, then make them in little Cakes, and dry them between two Roſe leaves, each of them.

72 *To make Aqua-Mirabilis.*

TAke three pints of Sack, one pint of Aqua-vitæ, half a pint of the juice of Cellondine; Cloves, Mace, Nutmegs, Ginger, Cithebees, Cardumus, Gallingal, Mullets, one dram of each of theſe; lay all theſe to ſteep in a Glaſs Still all night cloſe covered, and the next day Still it: it is a moſt delicate Cordial.

73 *A Sirrop for a Cold.*

TAke Long-wort of the Oake, Sage of *Jeruſalem*, Hiſſop, Colts-foot, Maiden-hair, Scabeous, Hore-hound, one handful of each of theſe; four ounces of Licoriſh ſcraped, two ounces of Anniſeeds, half a pound of Raiſins of the Sun ſtoned; put all theſe in a Pipkin, with four

pints

pints of Spring-water; let them ſtand all night to infuſe, cloſe ſtopped; when it is half boiled away, ſtrain it out; to every pint of Liquor, take a pound of Sugar, and boil it to a Sirrop.

74 *To make white Jellied Marmalade of Quinces.*

TAke your Quinces, and quoddle them tender, then pare them, and lay them by; then take raw Quinces, pare them, and grate them, then ſtrain the juice of them; then weigh your quoddled Quinces, when you have ſliced them thin from the Core, and take rather more than the weight in fine Sugar; wet your Sugar with the juice of your raw Quinces, & boil it, & ſcum it, then put in your ſliced Quinces, and boil it, till it will Jelly, then put it into Glaſſes.

75 *To make the white Juice of Liciriſh.*

TAke a pound of Licoriſh clean ſcraped, and cut in ſhort pieces, then dry it in an Oven, and beat it ſmall in a Morter, then

then put it in a glaſs or ſtone Jugg, never uſed with Beer; and put thereto, as much of the Water of Colts-foot, Scabeous, Iſſop, and Horé-hound, as may ſtand four Fingers deep above the Licoriſh, then ſet this Jug cloſe ſtopped into a Kettle of Water, and let it be ſtuffed round with hay that it jog not; let it ſtand in the boiling water four hours, and ſo do each other day, for the ſpace of ten dayes; then ſtrain it out into a diſh, and ſet the diſh over boiling water, and let it vapour away a little, then add to it, a pound of white Sugar-candy finely beaten, then put it into ſeveral diſhes, and dry it in the Sun, or in a warm Oven, beating it often with bone Knives till it be ſtiff; then uſe ſo much of Gum-Dragon ſteeped in Roſe-water as will ſufficiently bend it, that it may be made into little roules, adding a little Musk or Oile of Anniſeeds, and make ſome into little Cakes, and print them with a Seal, and dry them.

76 *To make Quinteſcence of Quinces.*

WIpe your Quinces clean, but core them not; boile them, but not very tender, then pare them and cut them in quarters, wring out the juice of every quarter through a ſtrainer while they be hot; then ſet it on a Chaffing-diſh of Coals, till half a quarter of it be waſted away; then take the weight of it in fine Sugar, and boile it to a Candy-height with a little faire water; then put in your juice of Quinces, and let it ſtand over a ſlow fire till you you ſee it will Jelly.

77 *To make Sirrop of Hore-hound.*

TAke of Hore-hound two handfuls, Colts-foot one handful, Time one handful, Pennyroyal and Calamint one handful of each; two drams of Licoriſh, one ounce of Figgs, one ounce of Raiſins of the Sun ſtoned, the Kernels of plumbs a quarter of an ounce, Anniſeeds and Fennel-ſeeds of each a quarter of an ounce; boil theſe in a Gallon of fair water

til

till it come to a pottle; then ſtrain it, and boil it with three pounds of Sugar, till it comes to a thick Sirrop.

78 *To Preſerve Rasberries.*

TAke your faireſt, and pick them very clean; then take their weight in fine Sugar, wet with water, boil it and ſcum it, then put in your Rasberries, and boile them up very quick, ſcumming them often; take them off ſometimes, and ſhake them gently; when you ſee they are very cleer, take them up one by one with a Needle, and ſet them in order in your Glaſſes, then ſtrain your Sirrop, and boil it, till it will Jelly, and put it to them.

79 *To make white Jellyed Marmalade of Quinces.*

TAke quoddled Quinces, and ſlice them very thin, then take their weight in fine Sugar, wet it with water wherein Pippens have been boiled; boil it, and ſcum it, then put in your Quinces; boil it till it be very cleer, and that the Sirrop will Jelly. Then put it into Glaſſes.

80 *To dry Plumbs naturally.*

TAke any ſort of plumbs, and prick them, and put them into the bottom of a Wooden Sive, duſt the Sive with flower of mault, to keep them from ſticking, then put them into the warm Oven, and let them ſtand all night, the next morning turn them, waſh the Sive, and dry it again, duſt it as before, and ſo dry them in a warm Oven, three or four times, till you may handle them, then put them in an earthen Platter; and when they are dry, Box them up and keep them dry.

81 *To dry Preſerved Pears.*

TAke Preſerved Pears, and waſh them out of the Syrup, then take ſome fine Sugar and boil it to a Candy-height, then put in the Peares, and ſtir them with a Scummer three or four times in the Sugar, then take them out, and lay them upon a Sive in a warm Oven, and in one night they will be dry; then keep them in a warm place for a week, and ſo you may eaſily keep them all the year.

82 *To make Almond Cakes.*

TAke three or four ſpoonfuls of Roſe-water, put into it two graines of Amber-greece, then take a pound of ſweet Almonds, blanch them, and beat them into a paſte with ſome of this water, then take a pound of ſearced Sugar, and mingle your Almonds with ſome of it, then make your Cakes and lay them on Wafer ſheets, and when they are half baked, have the reſt of the Sugar boiled to a Candy height with a little Roſe-water, and waſh them over with it, with a bunch of Feathers, and let them ſtand a while longer, and then take them out, and when they are cold put them up.

83 *To make Currance Cakes.*

TAke a quart of fine flower, and the yolks of Eggs, four will be enough, a penny weight of Saffron dryed, and bruiſed fine, and ſtrained with a little Cream into the Flower; then put in a quarter of a pound of Sugar, a little Roſe-water, and as much Cream as will work it into a Paſte,

it muſt be very well wrought, and beaten with a Rowling-pin; then roul it as thin as Wafers, then cut them round, and have in readineſs, two pounds of Currance very clean picked, waſhed & dryed, then lay upon a ſheet of your paſte, in the middle, ſome of your Currance, with a little of what Syrup you pleaſe; then cover them with another ſheet, and cloſe it with a little Roſe-water, and ſo bake them in a temperate Oven, and keep them dry as long as you pleaſe.

84 *To make the Plague-Water.*

TAke Roſemary, red Balm, Burage, Angellico, Cardus, Celeondine, Dragon, Featherfew, Wormwood, Penniroyal, Ellecampane-roots, Mug-wort, Bural, Tormentil, Egrimony, Sage, Sorrel, of each of theſe one handful, weighed, weight for weight, put all theſe in an earthen pot, with four quarts of White-Wine, cover them cloſe, and let them ſtand eight or nine dayes in a cool Cellar, then ſtill it in a glaſs Still.

85 *To make Treacle-water.*

TAke a pound of old *London* Treacle, a pound of the Roots of *E*llecampane, Gentian, Ciprus, Tormentil, of each one ounce; of Cardus and Angellico, half an ounce; of Burrage, Bugloſs, Roſemary-flowers, one ounce of each: infuſe theſe in three pints of White-Wine, one pint of Spring-water, two pints of Roſe-water, and ſo diſtil them in an ordinary Still paſted up.

This is excellent for Swounding fits, or Convulſions, or to expell any venemous Diſeaſe, and it alſo cures Agues.

86 *To make Quince Cakes.*

TAke Quinces, pare them, and core them, put them into ſo much Spring-water, as the Quinces may boil without burning; when the water taſteth ſtrong of the Quince, and feeleth ſomething ſlippery, ſtrain the Quinces thorough a Laune, then take the weight of your Liquor in double Refined Sugar; boil your Sugar to a Candy-height, with a little fair water; then put in your Liquor, and ſet it

it over a ſoft fire, till you find it will Jelly.

87 *To make Snail Broth.*

TAke a Cock-Chicken, and fill his Belly with five-leaved Graſs, Bugloſs, Endive, Egrimony; when it is half boiled, put in a hundred of Snailes taken out of their ſhells, and well purged with ſalt, and waſhed clean, and dryed in a cloth, put in a little Mace in the Broth, and drink of it every morning.

88 *To make Conſerve of Barberies.*

TAke them clean picked from the ſtalks and put them into a long Gally-Pot ſet that Pot into a Kettle or Pot of ſeething water, and ſtuff it round with hay, cover your Gally-Pot, and let it ſtand till your Barberies are thorough hot, then ſtrain them, and to every pound take a pound of Liquor, take a pound of fine Sugar, boil them together, till it will come from the bottom of the Skillet; then put it into Gally-Pots.

89 *To make Syrup of Violets.*

TAke your Violets clean picked from the whites, and for every ounce of Violets, take two ounces of water, ſo ſteep them upon embers, till the water be as blew as a Violet, and that the Violets be turned white, then to every quart take four pounds of fine Sugar, and boile it to a Syrup, and keep it for your uſe.

90 *To make Syrup of Licoriſh.*

TAke four ounces of Licoriſh, ſcraped very clean, and bruiſed well, Maiden-hair one ounce, Anni-ſeeds and Fennel-ſeeds, half an ounce of each, ſteep them in four pints of rain-water or Spring-water, half a day, then boil it half away, then take one pound of fine Sugar, boile them together, till it be a thick Syrup.

91 *To make Red Jellied Marmalade of Quinces.*

PAre your Quinces, and core them; and as faſt as you do them, throw them

them into cold water to keep their colour; then cut them in thin ſlices, and ſtill throw them into water, then to every pound of theſe Quinces, take three quarters of a pound of Sugar, then lay a layer of Sugar into your Pan, and then a layer of Quinces, and ſo do till all are in; then be ſure that the upper layer be Sugar, then ſet them on a ſlow fire, and cover them very cloſe; when you ſee they grow tender, and begin to look red, then boil them apace, till it be very cleer, and the Syrup Jelly, then put it up.

92 *A pretty Sweet-meat taught me by a Jew.*

TAke half a pound of blanched Almonds beaten very fine, with a little Roſe-water, two ounces of the leaves of Damask-Roſes beaten fine, then take half a pound of Sugar, and ſomething more, and wet it with Roſe-water, boil it to a Candy height, then put in your Roſes, and Almonds, with a grain or two either of Musk or Amber-greece, and boile them a little while, and put them up.

93 *To make Jelly of Harts-horn.*

TAke two quarts of fair water, and ſix ounces of Harts-horn; when your water is warm put in your Harts-horn, and let it infuſe upon embers all night, then boil it till the ſpoon feels very clammie, then ſtrain it, and put to it half a pound of Sugar or more, a little Roſe-water, a ſpoonful of Cinamon-water, the juice of ſix Lemmons, and two graines of Ambergreece, and ſo ſet it over a ſlow fire till it will Jelly, then put it into thin glaſſes.

94 *To Preſerve ſweet Lemmons.*

TAke the faireſt, and lay them in water three dayes, ſhifting them every day twice; then chip them very thin, and boile them in ſeveral waters till a ſtraw will run thorough them, then to every pound of Lemmons, take a pound and a half of fine Sugar, and a pint of Water, make thereof a Syrup; then put in your Lemmons, and let them ſcald a little, then ſet them by till the next day, and every other day heat the Syrup only, and

put

put to them, ſo do for nine dayes, then boil the Syrup and Lemmons together, till you ſee the Lemmons very cleer, then boil your Syrup a little more, and pour it over them; if you would have them in a Jelly, you muſt make your Sirrop with Pippin-water.

95 *To make Orenge, or Lemmons, or Citron Chips.*

TAke the thin Chips of either of theſe, and boil them in ſeveral waters till they be very tender, then put them into cold water a while, then ſtrew good ſtore of beaten Sugar on them in a diſh, or ſuch like, and boil them, ſtirring them, till the Sugar comes to Candy, then put them out, and open them one by one, and lay them on papers to dry.

96 *To make Chips of any fruit.*

TAke your preſerved fruit, and drain it from the Syrup, then ſlice it in thin Chips, and boil a little Sugar to a Candy-height; then put in your Chips of fruit, and boil them a little, then lay them out to dry.

97 *To make a good Sweet-meat of the parings of Apricocks.*

BOil them very well, and drain them from the water, then put them into Sugar boiled to a Candy-height, and boile them extraordinary well, then lay them upon Glaſs-Plates, in what faſhion you pleaſe, and dry them in a Stove, turning them twice a day, and every time you turn them, ſtrew on ſome ſearced Sugar.

98 *To make Snail-Water.*

TAke a peck of Snailes (with the Houſes on their backs) have in readyneſs a a good fire of Charcoale well kindled, make a hole in the midſt of the fire, and caſt in your Snailes, and ſtill renew your fire till the Snailes be well roſted, then rub them with a fair cloth, till you have rubbed off all the green that will come off, then put them in a morter and bruiſe them, (ſhells and all;) then take Carie, Celeondine, Burrage, Scabeous, Bugloſs, five-leaved Graſs; and if you feel your ſelf hot,

Wood-

Wood-Sorrel; of every one of theſe a good handful, with five tops of Angelico; theſe herbs being all bruiſed in a Morter, put them in a ſweet earthen Pot, with five quarts of White-Wine, and two quarts of Ale, let them ſteep all night, then put them into a Limbeck; let the herbs be in the bottom of the pot, and the Snailes upon the herbs, and upon the Snailes, put a pint of Earth-Worms ſlit, and clean waſhed; then put upon them four ounces of Anni-ſeeds or Fennel-Seeds, which you pleaſe, well bruiſed, [redacted] five great handfuls of Roſe-mary-Flowers well picked, two or three Races of Turmerick thin ſliced, Harts-horn and Ivory, of each four ounces well ſteeped in a quart of White-Wine, till it be like a Jelly, then put them all in order into the Limbeck, and draw it forth with care.

99 *A Cuſtard for a Conſumption.*

TAke four quarts of new milk from a red Cow, four ounces of Conſerve of red Roſes, Powder of Pearl, and white-Amber, a dram of each; two ounces of white Sugar-Candy, one grain of Amber-greece,

greece; put all these into an Earthen Pot pasted over, set it into an Oven twelve hours with brown bread.

100 *To make Spanish Chaculata.*

BOile some water in an earthen Pipkin a quarter of an hour; then sweeten it with Sugar, then scrape your Chaculata very fine, and put it in, boil it half an hour; then put in the Yolks of Eggs well beaten, and stir it over a slow fire till it be thick.

101 *To Preserve Goosberries to look like Hops.*

TAke of the faireſt green Goosberries, and pick them well, and cut them a cross at the blossom end, then pick out all the Seeds with a little bodkin, then take the Thornes of the Haw-Thorne, and first put on one of the least, then a bigger, till you have put on seven or eight of your Goosberries, still stretching every one over the other with your Fingers and Bodkin, that they may look like Hops; then take their weight in fine Sugar, and wet it with water,

water; boil it, and ſcum it; then put in the Gooſberries, and boile them, till they are very cleer as glaſs, then put them into Glaſſes, and put the Syrup over them after you have boiled it a little.

102 *To dry black Pear-Plumbs, or white, or Damſons, or white Bulloſs.*

TAke a pound of any of theſe Plumbs, and three quarters of a pound of Sugar, wet your Sugar with water, and boil it almoſt to a Candy-height; then take it from the fire, and put in your plumbs, being ready ſtoned; thoſe that will ſtone, put them into the Syrup, with the ſlits downwards; then ſet them on a ſoft fire, and let them boil very ſoftly, if they be black ones; if white, a little faſter, then ſet them by till the next day, then boile them well, taking them off ſometimes for fear of breaking; let them lye in their Syrup four or five dayes, then lay them out upon Sives with the ſlit ſide upwards; then ſet them into a warm Oven or hot Stove, turning them upon clean Sives twice a day, filling up all the broken and hollow places with

with ſome broken pieces of Plumbs; pull the skins as cloſe as you can, and when they are dry, waſh off the clammineſs with warm water, in which you muſt juſt dip them, then dry them in a cloth, and put them into the Oven again; when they are dry, put them into the Oven again for one day.

103 *To make Jelly of Quinces.*

TAke your Quinces, pare them, and core them, cut them in quarters, then take a new earthen-pot, which will hold a Gallon, with a narrow mouth, put in three or four handfuls of the Cores in the bottom, then the Quinces, ſo paſte it up and ſet into the Oven with houſhold bread; then run them through a bag of boulting ſtuff, with as much ſpeed as may be, and wring it between two Trenchers, ſo long as it will run clean from dregs; to every pound of Liquor, take a pound of fine Sugar; put your Sugar into your Liquor, and let it ſtand till it be diſſolved, then ſet it upon Embers till the ſcum ariſe, then ſcum it well, and put for every pound of Jelly one ſpoonful of Roſe-water; then boil

boile it, and keep it ſtirring till it will Jelly.

Then put it into Boxes, or Glaſſes.

104 *To make Quideny of Rasberries, or Currance.*

BRuiſe them well with the back of a Spoon; then put them into a long Gally-Pot, and ſet them into a Kettle or Pot of Water covered, and when they have been in the boiling water about three houres, then ſtrain it out; and to every pound of Liquor, take a pound of Sugar, wet it with water, and boil it to a Candy-height; then put in your Liquor, and keep it ſtirring for a quarter of an hour over a ſoft fire; but be ſure it doth not boil; then put it into Glaſſes.

105 *To make a Poſſet without Milk.*

TAke a qnart of White-Wine, and a quart of water, boil them with Mace, Nutmegs and Cinnamon; then take twelve Eggs, and put away half the whites; beat the Eggs very well, then take the Wine off the fire, and put in your Eggs, ſtir them

them very well; ſet it on the fire, and keep it ſtirring till it be thick; ſweeten it with Sugar to your taſte, and put in a little Amber-Greece.

106 *To make a Sack-Poſſet.*

TAke two quarts of Cream, boile it with Nutmegs, Cinamon and Mace, then take twelve Eggs and beat them well, and ſtrain them; then take your Cream off the fire, and put in your Eggs, and as much Sugar as you ſhall think fit, ſtir them very well; then ſet them on the fire till it be ready to boil; then take it off and ſtir it, till it be half cold, then put in your Sack warmed, and ſet it on the fire again, and put your ſpoon to the bottom; and when it begins to riſe in great flakes, then take it off, and put it into ſuch baſons as you will have it put in.

107 *To make a Poſſet another way.*

TAke a quart of Cream, and boile it with Spice, as you do the other; then take the yolks of thirteen Eggs, and three whites

whites, take the Cream from the fire, and preſently put in the Eggs well beaten; then have your Sack ready in a Baſon, ſeaſoned with Sugar; then ſtir your Eggs and Cream well together, and put them into your Sack, Stir them well together, and have in readyneſs a little Amber-greece, and fine Sugar, beaten together, and ſtrew upon it.

108 *To Preſerve Pippens in thin ſlices.*

TAke of the faireſt Pippens, pare them, and ſlice them into cold water; to every pound of Pippens, take a pound of Sugar, and a pint of water, make thereof a Sirrop; then ſhake your Pippens from the water, and put them into the Sirrop: when they are beginning to be cleere, put in ſome green Cittron in thin ſlices, and ſome Orenge Chips; and when you perceive them to be very cleere, put to a pound of Pippens the juice of one Lemmon and two Orenges; then boile them a walme or two, and put them into glaſſes carefully, and betwixt every layer, put ſome Cittron, and Orenge Chips, and

ſo at the top; then heat the Sirrop, and put it over them.

109 *To Preſerve white or red Currance.*

TAke of your faireſt, and pick them from the ſtalkes, ſtone them, then take their weight in Sugar, wet it with water, and boil it, and ſcum it, then put in your Currance as hot as may be; then ſet them on the fire, and blow them up quick, and take them off ſometimes, and ſhake them, and ſcum them; when you ſee they will Jelly, put them into Glaſſes.

110 *To dry all ſorts of Plumbs.*

TAke to a pound of Plumbs, half a pound of Sugar, and a little more, wet your Sugar with water, and boil it to a Candy-height; ſtone the Plumbs, and put them into the Sirrop; when they have boiled a little, take them off, and turn them till they be cold; then boil them again for a quarter of an hour very leaſurely, then let them ſtand till they be cold,

cold, thus do four or five times; then let them ſtand three or four dayes, then boil them very well, then let them ſtand three dayes more, then lay them out upon Sives, and ſet them into a warm Oven or Stove, turning them upon clean Sives twice a day; when they are dry, waſh off the Clammineſs with warm water, and put them again into the Oven till they be dry.

III *To Preſerve ripe Aprecocks.*

TAke of the faireſt Aprecocks not too ripe, ſtone them, and weigh them, then take their weight in Sugar, beat it fine, and as you pare your Aprecocks, ſtrew Sugar over them, then ſet them over a ſoft fire, and let your Sugar melt; ſtir them gently, that they do not break, ſcum them often, when they have boiled a while ſet them by, the next day boil them till the Sirrop be very clear, and thick, and the Aprecocks as cleare as glaſs, then put them up.

112 *To Preſerve Cornelions.*

TAke of your faireſt Cornelions, and weigh them, take their weight in Sugar, and lay a layer of Sugar into your Pan, and then a Layer of Cornelions, ſo do till all are in, and let your laſt Layer be Sugar, then put a little water into the midſt of the Pan, and ſet them on the fire, and when the Sugar is melted, boile them up quick, and take them off ſometimes, and ſhake them, and ſcum them; when you perceive they are very cleer, put them into Glaſſes.

113 *To Preſerve Damſons.*

TAke of the faireſt, not over ripe, take their weight in Sugar, wet it with water, then boile it, and ſcum it, and put in your Damſons with the cleft ſide downward, being notched in the cleft; when you have half boiled them, ſet them by, the next day boil them well, and put them up.

114 *To make Orenge Marmalade.*

TAke of your beſt coloured Orenges, and lay them in water nine dayes, ſhifting them every day; then chip them very thin, and cut them in halfes, take out all the meat, then boil them in ſeveral waters, till a ſtraw will run thorough them; then lay them on a clean cloth till they are cold, then pick them clean from ſpeckles and ſtrings; then take three quarters of a pound Orenges, and a quarter of a pound of Pippens pared and cored and cut in quarters, and boiled in fair water; then take a pound of Sugar, and half a pint of water, boil it, and ſcum it, cut your Orenges like Dice, and put them into your Sirrop,& Pippens; then take ſome Orenge chips ſhred very ſmall,and put them in, boile all theſe together, and ſtir them alwayes, for fear they burn; when it is almoſt enough, which you may perceive by the cleerneſs, put in the juice of two Orenges, and a little Lemmon, then boil it a while longer, and when you think it is enough, put it up.

115 *Another way for Orenge Marmalade.*

TAke half a pound of Orenge Chips very tenderly boiled in ſeveral waters; then beat them extream fine in a morter; then take half a pound of Pippens beaten in a morter; then take a pound of fine Sugar, wet it with water, and boile it, and ſcum it, then put in your Orenges and Pippens, boile them together till they are cleer, ſtirring them often; then put in the juice of one Orenge, and one Lemmon, and then boile it a little longer, and put it into Glaſſes.

116 *To make Jelly of Pippens.*

TAke Pippens, pare them, and ſlice them into cold water; then boil them very quick till the water be very ſtrong of the Pippens, then ſtrain them; and to every pound of Liquor, take a pound of fine Sugar, and boil it together; then put in ſome Orenge Chips cut in ſmall flakes; when it is almoſt enough,

put

put in the juice of ſo much Lemmon as you ſhall think fit; then boil it a little more, and put it into Glaſſes.

117 *To make Cleere-Cakes of Pippens.*

TAke Pippens, pare them, and cut them in thin ſlices from the Core, put them in a long Gally-pot, and ſet it into a Pot of ſeething water, cover them cloſe, and let them ſtand till liquor will run from them; then pour the Cleereſt, then take the weight thereof in fine Sugar, then boil the Sugar to a Candy-height with a little water, then put in your juice of Pippens, and ſet them over a ſlow fire till you ſee it will Jelly, but let it not boil; when it is almoſt enough put in a little juice of Lemmon; then let it ſtand a while longer, and put it up.

Thus you may make Cleer-Cakes of any fruit, only leave out the juice of Lemmons.

With the Pippens (from which the juice runs) you may make Marmalade; or if you will beat it in a morter, you may make Paſte of it.

118 To Candy Angellico.

TAke of the fineſt green ſtalks which are tender, boil them in water till they are tender; then pill them, and lay them on a clean cloth, take their weight in Sugar, and boile it to a Candy-height with Roſe-water; then put in your Angellico, and boil it up quick; then take the ſtalks one by one, and lay them on a Pye-plate, and as they coole, open them with a little ſtick, that they may ſtand hollow, and turn them them till they are dry.

119 To make Seed-Stuffe of Rasberies.

TAke Rasberies, and bruiſe them with a Spoon; then take their weight in fine Sugar, and boile it to a Candy-height, with a little fair water; then put in your Rasberies, and ſtir it over a ſoft fire till you find it be enough, but do not let it boile.

120 *To make Sirrop of Gilly-Flowers.*

TAke Clove-Gilly-flowers, and cut them from the whites; then take their weight in Sugar, and beat it fine; then lay a layer of Sugar into a Gally-Pot; and then a layer of Gilly-flowers; and then a layer of Sugar again, and ſo do till all are in; then ſet it into a Pot of boiling-water, and cover it cloſe, till the virtue of the Gilly-flowers be in the Sugar; then ſtrain it out, and vapour it away over a ſoft fire, till it be thick enough; the Gilly-flowers that you ſtrain the Liquor from, will be an excellent Sallad, if you put them into a Gally-pot, with ſome White-Wine-Vinegar, and ſtrew fine Sugar on the top, and ſo keep them.

As you make the Sirrop of Gilly-flowers, you may make Sirrop of any Herbe or Flower, and it will be a great deal better than any Sirrop that is made any other way, and will be much ſtronger.

121 *To make an Excellent Cake.*

TAke to a ſtrik'd peck of flower ſix pound of Currance, half an ounce of Mace, half an ounce of Cinnamon, a quarter of an ounce of Cloves, a quarter of an ounce of Nutmegs, half a pound of fine Sugar, as much Roſe-water as you pleaſe; put the Spice and the Fruit into the Flower; then take new milk, as much as you think fit, diſſolve therein two pounds of freſh Butter; then put it in a Baſon with the Sugar, a pint of Sack, and a little Salt; knead it with a wine-pint of Ale-Yeaſt beaten with a ſpoon, and ſtrewed in after you have mingled your Liquor together, knead it till it riſe under your hand; let all your things be ready, and your Oven hot, before you go to knead your Cake.

122 *To make Pommatum the beſt way.*

TAke the Caul of a Lamb new killed, pick it clean from the skin, and lay it in Spring water nine dayes; then being ſhifted every day, melt it; then take yellow

yellow Snailes, ſtamp them, and put them in a Glaſs with Roſe-water four dayes; ſtop the Glaſs, and ſhake it three or four times a day; then take White-Lilly-roots, ſtamp them, and ſtrain them, put the juice of them into the Glaſs with the Snailes; then ſet a skillet upon the fire, and put in water into it, and let the water boile; then put your tryed Lambs Caul into a Silver or Earthen Baſon, and let it melt; then take your Glaſs with your Snailes, and Lilly-roots, and ſtrain it through a thick cloth; then put it into the tryed ſtuff; then put in half an ounce of White Sugar-Candy unbeaten, keep it ſtirring, till that be diſſolved; then put in three ounces of Oile of ſweet Almonds; then keep it boiling and ſtirring a little longer; then take it off, and let it ſtand till it be reaſonable coole; then beat it with a wooden ſlice, till it be as white as poſſible may be; then put in a little Roſe-water, and beat it a little longer; then put it in Gally-Pots.

You muſt put in a cruſt of bread (of wheaten-bread) when you melt it in the Skillet; and when you put in the Sugar-Candy, you muſt take it out.

123 *A very good Cake.*

TAke to half a peck of Flower, three pound of Currance, four Nutmegs, four Races of Ginger, ten Cloves, four Eggs, yolks and whites beaten well; one quart of boiled Creame, two pounds of Butter, a Porrenger full of Ale-yeaſt, a quarter of a pound of Sugar; rubbe your Butter into your Flower very well; then take your Spice well beaten, and your Currance, and mingle them with your Butter and Flower; then take your Creame prety hot, and take your Eggs and Yeaſt, and put it into the Creame, and mingle them well together, and ſtrain them into your Flower; mingle it with your hands very well, and lay it a riſing before the fire a little while; then make it into a Cake, and let it ſtand two houres in the Oven.

124 *To make the Bean-bread.*

TAke a pound of the beſt Jordan Almonds, blanch them in cold water, and put them into another water; then cut them with ſharp Knives the long way,

as

as thin as poſſibly you can; then take a pound of the fineſt Sugar finely beaten, and mix it with your hands with the Almonds; then take the whites of two Eggs, and beat them to a froth with a little Roſe-water, & caſt the froth upon your Almonds till you think you have enough; then mix it with a ſpoon, and lay it upon Waffer-ſheets, over plates that are flowered, and ſhape them as you pleaſe; then ſtrew on ſome thin Chips of green Cittron, & ſome Carroway and Corriander Comfits; ſet them into an Oven not too hot, and when they have ſtood a quarter of an hour; then raiſe them off their Plates, and mend their bottoms, if need be; then ſet them into the Oven again, & when they are quite dry, clip them neatly round the edges, and lay on ſome leaf-gold with the white of an Egge beaten, and a Feather.

125 *To make Carroway-Cake an excellent way.*

TAke five pound of Manchet-paſte, mingled ſtiff, and light, without ſalt; cover it, and let it be riſing half an hour; when your Oven is almoſt hot, take two pound and a half of freſh Butter melted,

five

five Eggs, yolks and whites beaten, and half a pound of Sugar; mingle them altogether with your paſte; ſtrew in a little flower to keep it from ſticking to your hand, or the bowle; but let it be as lithe as poſſibly you can work it; and when your Oven is ſwept, ſtrew into your Cake a pound of Carroway-Comfits; then take two brown papers, and lay a white paper on the top of them, and lay your Cake in in an Ovall faſhion, ſet it immediately into the Oven; being well heat, let it ſtand one hour and a quarter; when you draw it, cover it with a courſe linnen-cloth warmed, and over it a woollen one, ſo let it lie till it be cold; if you put it into an Oven the next day, it will eat as though it were made with Almonds; put in your Sugar after the Butter.

126 *To make Cider as cleer as Rock-water.*

TAke two quarts of Cider, and half a pint of Milk, put them together into a Hipocriſt Bag, ſo let it run; and when it runs cleer, put it into ſtone bottles, and ſtop them cloſe; it is beſt when it is a month old, for

for then it gathers ſtrength, and ſparkles in the Glaſs.

127 *To make Diet-bread, or Jumbolds.*

TAke a quart of Flower, half a pound of Sugar well beaten, Carroway-ſeeds, Anni-ſeeds and Coriander-ſeeds, of each one ounce; a good ſpoonful of Licoriſh well ſearced, mingle all theſe together; then take the yolks of eight Eggs, and the whites of three, beat them well, put thereto four ſpoonfuls of Roſe-water, and ſo knead the aforeſaid with this, and no other Liquor; and when it is well wrought, lay it by the fire half an hour in a linnen cloth; then roul it out in thin roules, the leſſer the better, tie them in knots, and prick them with a needle, lay them upon buttered Plates, and bake them in an Oven not too hot.

128 *To make Almond-bread.*

TAke a pound of Almonds, and blanch them, and beat them very well with a little Roſe-water; then take a pound of Sugar

Sugar beaten fine, and a handful of grated bread finely ſearced, put them into a platter with your Almonds, and ſtir them well together, ſet them over a Chaffing-diſh of Coales, and let them boile till they be as ſtiff as any paſte; you muſt ſtir them continually; then mould them out as thin as you can, and print them; ſet them into a warm place, where they may have the aire of the fire; if you will have any of it red, you muſt mould it with ſearced Cinnamon and Ginger.

129 *To make good Almond Milk.*

BLanch *Jordan* Almonds, and beat them fine with a little Roſe-water, to keep it from oiling; then ſtrain them often with fair water, wherein hath been boiled Violet Leaves, and ſliced Dates: when your Almonds are ſtrained, take the Dates and put to it, with ſome Mace, Sugar and Salt, and heat it a little, and ſo drink it.

130 *To make white wet Leach.*

TAke Almonds blanched and beaten with Roſe-water; then ſtrain them with fair water, wherein hath been boiled Anni-ſeeds, Ginger and Graines, and put to it as much Cream wherein Iſinglaſs hath been boiled, as will make it ſtiff, and as much Sugar as pleaſeth you; let it be ſcalding hot, and then run it through a ſtrainer.

131 *To make Red or Yellow Leach.*

YOu may make your Leach Red by putting Turnſole into it. Yellow by putting Saffron into it.

132 *Cinnamon and Ginger Leach.*

TAke your Spices beaten and ſearced, and mix them with your ſearced Sugar; mould them up with Gum-Arabick infuſed in Roſe-water, and ſo print them, and dry them.

133 *Leach of Dates.*

TAke your Dates, and pill them very clean within; beat them fine with Sugar, Ginger and Cinnamon, and a little Roſe-water, till it will work like Paſte; then print them, and keep them dry.

134 *To make fine Cakes.*

TAke a quart of Flower, a pound of Sugar, a pound of Butter with two or three yolks of Eggs, three or four ſpoonfuls of Roſe-water, and a ſpoonful of yeaſt; then roul them out of the bigneſs of a Trencher, while the paſte is hot or elſe it will break; ſet them into an Oven, not too hot, upon Papers.

Be ſure to prick them before they go in.

135 *To make Corniſh Cakes.*

TAke Claret-Wine, the yolks of Eggs, and Mace beaten fine, Sugar and Salt, mingle all theſe together in Flower, and put

put in a little yeaſt, knead them as ſtiff as you can; then put in Butter, and knead it ſtiff again; then bake them.

136 *A Cordial Syrup for Melancholy.*

TAke a pound of juice of Burrage, and half a pint of juice of Balme, ſeeth it in a Skillet; and when the groſneſs of the juice beginneth to ariſe, then put in the whites of two Eggs, well beaten with three or four ſpoonfuls of Roſe-water; and when you ſee the whites of Eggs begin to wax hard, then put in a little Vinegar; and when it ſeeths, ſcum it clean, and run it thorough a Jelly-bag; then ſet it over the fire again, and put thereto one pound of Sugar, and let it boil to what thickneſs you think beſt: remember to put in a little Saffran.

137 *For a Conſumption.*

TAke of Harts-tongue, Maiden-hair, of each one handful, Hiſop and Balm, of each half a handful, Licoriſh ſliced one ounce, Pioney root one ounce, boil theſe to-

gether in two pints and a half of Spring-water, untill half be consumed; then strain the liquor from the Herbs, and take a quarter of a pound of Currance, wash them cleane, dry them well, and beat them in a Wooden-dish, boile them in the aforesaid Liquor, till half the Liquor be boiled away; then strain it out, and put to it almost half a pound of Sugar, and make thereof a Syrup.

138 *For the Lungs.*

TAke a pint of good Wine-Vinegar, and half a pint of Colts-foot water, put into it half a pound of Figs well bruised; let them boil together half an hour; then strain it, and put into it a pound of Sugar.

139 *King* PHILIP *his perfume.*

SIx spoonfuls of Rose-water, of Ambergreece and Civet two Barley Corns weight of either, a little Musk, and a two-

penny

penny weight of Sugar beaten fine; beat theſe together, and mould them up with a little Gum-Dragon ſteeped in Roſe-water, and ſo dry them, and keep them to burn in a Perfuming-Pan.

140 *A Cordiall to cauſe ſleep.*

TAke two ſpoonfulls of Poppy-water, two ſpoonfulls of red Roſe-Water, one ſpoonfull of Clove Gilly-Flowers, a little Dieſcordian, take this at the time of reſt.

141 *A rare Palſie-Water of the ſame Virtues of Doctor* Mathias *his Water, but of leſſer price.*

TAke Lavender Flowers, and fill a gallon Glaſs with them; then fill it up with Spirrit of Wine or Malmſey, let this digeſt Six Weekes together; then diſtill your Water, and put into it, Sage-Flowers, Roſemary-Flowers, and ſweet Marjorum, of each one handfull;

Hyſop, Mother-wort, Pioney-roots, Origanum of each one ounce, Betony-flowers half an ounce, Cinnamon, Pioney-ſeeds huld, Cardimomes, Cubebees, Cittron-pill dryed, of each two drams, beat them, and put them in; then put in a quarter of a pound of Dates ſtoned, and as many of Raiſins of the Sun ſtoned; let theſe digeſt ſix weekes; take a little of it with Wine.

142 *To Perfume Gloves.*

TAke four graines of Musk, and grind it with Roſe-water to a diſſolution; then take eight graines of Civet, and grind it with the Musk, and Roſe-water to a Jelly; after that take two ſpoonfuls of Gum-Dragon, ſteeped all night in Roſe-water; then beat it to a thin Jelly, putting in half a ſpoonful of oil of Cloves, oil of Cinnamon, and Oile of Jeſemy mixed together; then take a Spunge, and dip it therein, and rub the Gloves all over very thin, lay them in a dry clean place eight and forty hours; then rub the Gloves with your hands, till they come to their former limberneſs.

143 *To make a rare ſweet water.*

TAke ſweet Marjorum, Bazil, Lavender, Roſe-mary, Muſcovy, Maudlin, Balm, Time, Walnut-leaves, Damask-Roſes, Pincks of all alike quantity enough to fill a Still; then take of the beſt Orrice Powder, Damask-Roſe Powder and Storax, of each two ounces, ſtrew a handful or two of your powders upon the herbs; then diſtill them with a ſoft fire, tie a little Musk in a piece of Laun, and hang it in the glaſs wherein it drops; then when all is drawn out, take your ſweet Cake, and mix it with the Powders which are left, and lay it among your Cloathes, or mix it with ſweet Oyles, and burn it at your pleaſure.

144 *A good Surfet-Water.*

TAke what quantity of Aqua-vitæ you pleaſe, ſteep a good quantity of the Flowers of red Poppies which grow among the Wheat, having the black bottoms cut off, ſtrain them out as oft as you put in new; let the Aqua-Vitæ look very

red with them, and let it ſtand in the Sun all the while they infuſe; then ſtrain it out, and keep it in a glaſs for your uſe: This is an Excellent Water againſt Surfets and Wind, and any illneſs whatever.

145 *To make a Mint-Water.*

TAke Mint, and diſtill it in an Ordinary Still; and when you have drawn a quart, take hart-Mint, and ſtamp it in a Morter, and ſtrain it, and then put a quart of that juice to your Water; then diſtill them both together again, and put into the Glaſs in which it runs, one ounce of white Sugar-Candy, and half an ounce of powder of Amber, beaten and ſearced: This comforteth the ſtomack, and ſtayeth Vomiting, and is good againſt Wind.

146 *An Excellent Water for the Stomack.*

TAke Cardus, and Mint, and Wormwood, of each a like quantity, ſhread them ſmall, and put them into new

new milk; put them into a Still, and Still them with a temperate fire; when you take it, ſweeten it with Sugar, or with any Syrup what you pleaſe.

147 *To make Lemmon-Water.*

TAke the Chippings of twenty Lemmons, and of two great Cittrons, infuſe them in a quart of Sack, for a day and a night; and when you Still them, put in three pints of Sack more, and one ounce of Cloves.

148 *To make Perfume.*

TAke two ounces of the powder of Juniper, one ounce of Benjamin, and one ounce of Storax, ſix drops of oile of Lemmons, as much of the oyle of Cloves, ten graines of Muſk, ſix of Civet, a little Gum-Dragon ſteeped in Roſe-water; ſo mould them up with it, and roul it in little Cakes, & dry them between Roſe-leaves, and keep them to burn: your Juniper muſt be burned before you beat it, and ſearced before you uſe it.

149 *To Preſerve Cherries in Jelly.*

TAke fair ripe Cherries, and ſtone them; then take a little more then their weight in fine Sugar; then take the juice of ſome other Cherries, and put a ſpoonful of it into the bottom of the Skillet; then put in a quantity of Sugar beaten fine into the Skillet upon your juice, and then a little juice more; then put in your Cherries with the ſteams upward; then put in Sugar, and then juice, and then more Cherries, and then as in the aforeſaid manner, you may fill your Skillet or Pan; then let them boile apace till the Sugar be melted, and as they boile, ſift them round; then take them from the fire, and let them ſtand cloſe covered one hour; then ſtrew on the reſt of the Sugar, and let them boile till the Cherries are cleer, and Syrup Jelly.

150 *To Preſerve Goosberies whole.*

TAke green Goosberies which have their full growth, and three times their weight in Sugar; then take a quantity

city of water to melt the Sugar, and make thereof a Syrup; and while your Syrup boiles, put in your Goosberries, and as ſoon as it boiles again take it from the fire, and let it ſtand cloſe covered three dayes; and boil them again, and let them ſtand cloſe covered three dayes longer; then boile them again, and put them up.

151 *To Candy the cleer Rock-Candy.*

TAke Flowers or Spices, and boil them in a Syrup of fair water and Sugar, ſtirring them until they be almoſt Sugar again; then ſpread them on a paper, while they are hot, and when they are cold take them off, and lay them upon round Wyers in an earthen Pan, the pan muſt be made narrow in the bottom, and broad at the top; then take as much Sugar as will fill your Pan, and as much water as will melt it, boil it to a Candy-height; then pour it into your pan among your Fruits or Spices, ſcalding hot; then ſet it into a warm Oven or Stove, where it may neither be too hot, nor too cold, four and twenty hours; then pour away all the Syrup,

Syrup, and ſet the Pan into the warm place again; then pick up the Wyers, with a Knife, and lay your Spices, or Flowers, upon Papers to dry.

152 *To make Cleer-Cakes of any ſmall fruits.*

TAke your fruit clean picked from the Stalks, and put it into a long Gally-Pot; put the Pot into a Kettle of water; and when your fruit hath ſtood about four houres, pour out the cleereſt of it; and with the weight in Sugar, make a Candy with a little water; and when you ſee it almoſt Sugar again, put in your juice of fruits, and ſtir it over a ſlow fire, but do not let it boile; when you find it will Jelly, put it into Glaſſes, and ſet them in a Stove.

153 *To make Paſte of any ſmall Fruit.*

TAke the pulp of the fruit which you leave of the Cleer-Cakes, and beat it in a morter; then take the weight there-

of

of in fine Sugar, boil them together till it will come from the bottom of the Poſnet, and ſo print it in your moulds and dry it.

154 *To dry Apricocks, or Pippins, to look as cleer as Amber.*

TAke Apricocks, and take out the ſtones, take Pippins, and cut them in the middle, and pare them, and core them, lay theſe fruits in an earthen Diſh, and ſtrew them over with fine Sugar; ſet them into a hot Oven, and ever (as the Liquor comes from them) pour it away; and when all the Liquor is come away, turn them, and ſtrew them thick with Sugar, on every ſide, ſet them into the Oven, and when the Sugar is melted, then lay them on a dry diſh, and ſet them in the Oven, but a drying heat, and every day turn them till they be quite dry.

Thus you may dry any plumbs.

155 *To dry Pears or Pippins without Sugar.*

TAke of the faireſt, and lay them in ſweet Wort two or three dayes; then lay them in a broad Preſerving-Pan of earth, and bake them; then lay them out upon a Lattis, made of Basket-makers Rods, and ſet them into the Oven till they are dry, turning them often.

156 *To Candy Flowers with their own Colours.*

TAke Gum-Arabick and ſteep it in Roſe-water all night, the next day take what Flowers or Herbs you pleaſe, and dip them well in that Gum-water, and ſwing them well from it; then ſtrew them very thick with Sugar beaten fine on every ſide, and lay them upon Plates to dry in the Sun, and when you find they begin to dry, turn them on clean plates, and if you find Sugar wanting, ſupply it.

157 *To Candy the Spaniſh Canay.*

TAke Flowers well picked, and beat them in a morter; put them into a Syrup, as much as the Flowers will well ſtain, boil them with continual ſtirring, untill it be Sugar again; then pour it upon a wet Trencher, and when it is cold, cut it into Lozenges; and that which remaineth in the Poſnet, ſtir it, and bruiſe it with the back of a ſpoon; then beat it, and ſearce it, then work it with ſome Gum-dragon ſteeped in Roſe-water, then roul it abroad, and print it, and ſo dry it.

158. *To make Naples-Bisket.*

TAke Pine-apple-ſeeds a quarter of a pound, two ounces of Sweet-Almonds blanched; the whites of two Egges, one ſpoonfull of Ale-yeaſt, one ſpoonfull of Rice-flower, a ſpoonfull of ſweet Cream; beat all theſe together in a Morter, then adde to it Musk and Amber-greece, drop it upon a Pie-plate and ſo bake it in what ſhape you pleaſe.

159 *To make Italian Bisket.*

TAke fine ſearced Sugar, worke it up with Gum-Dragon ſteeped in Roſe-water, beat it together in a Morter with a little of the white of an Egg; then mold it up with a little Anniſeeds and Muske, and make it in Balls as big as Crab's, cut them about like a Manchet, ſo bake them upon Pie-plates; when you ſee them riſe ſomewhat high take them out, and ſtir them not until they be cold for fear of breaking.

160 *To make Prince-Bisket.*

TAke eight Eggs, and a pound of Sugar, and a pound of Flower; beat all theſe together one hour; then take Coffins made of Tinn, and butter them over; when you are ready to fill them, put in half an ounce of Anniſeeds finely duſted, fill your Coffins half full; then ſet them in an Oven as hot as for Manchet, and ſo bake them.

161 *To make Jumbolds.*

TAke ſome of the batter of your Prince-Bisket, and roule it up in Flower, put into it a little Cinnamon and Ginger, and roule it out, and knit it in knots and bake them.

162 *To make Hypocriſt.*

YOu may make it either of Sack or White-Wine, but Sack is beſt.

Take to every Gallon, one pound of Sugar, and an ounce of Cinnamon, an ounce of Ginger, and a quarter of an ounce of Nutmegs, a quarter of an ounce of Corriander-ſeeds, with a few Cloves, and a little long-Pepper, or a few Graines, which you pleaſe; let all theſe lie in ſteep twenty four houres, ſtir it twice or thrice in that time, then put to every Gallon a pint of Milk, and run it thorow the Jelly-bagg, and ſo put it up in bottles and tye them hard, and ſet them in a coole place, it will keep a month.

163 *To make the Tuff-Taffete Cream:*

TAke a quart of thick Cream, and the Whites of six or seven Eggs, beat the whites to a froth with a little Rose-Water, then take it off, and put it into the Cream, then boyle it, and continually stir it, season it with Rose-water, Sugar, and two graines of Amber-grecee, then pour it into a Glass or Chiney Bason; when it is cold, lay it over with Jelly of Corrance in some pretty fancy.

164 *To make Carroway Cake.*

TAke a quart of Flower, and a pound of Butter, rub your Butter into your Flower till it be not discerned, then take two yolks of Eggs and one white, two spoonfuls of Cream, half a pint of Ale-yeast, mix them altogether, you must not knead it, but pull it in pieces; then set it to the fire to Rise, and so let it lye almost an hour, turning it often, then pull it in pieces again, and strew in half a pound of Carroway-Comfits, mingle them with the paste, then take it lightly with your hand, and

fashion

faſhion it like an Ovall, and make it higher in the middle then the ſides, let your Oven be as hot as for minced Pies, and beſure it be ready juſt when your Cake is ready; ſet it in upon two papers buttered, and let it ſtand almoſt an hour, ſtrew Carroway-Comfits thick on the top of it.

165 *To Candy Barberies.*

STone the faireſt Bunches you can get, and as you ſtone them ſtrew on a little Sugar to keep their colour; then take as much water as you think will cover them, and let them boyle with a little Sugar a little while, then put them into a deep thing that the Sirrop may cover them; then boyle ſome Sirrop to a *Candy* height, and having your Sugar drained well from the Barberies, put the Barberies into the hot *Candy*, ſtir them till the Sugar be diſſolved, but beſure they boyle not in the Sugar; then open every bunch by it ſelf, and every Barbery, and lay them on the brim's of Diſhes that all the Sirrop may drain from them, ſhift them often and open them every time, the leſs Sugar hangs about them the better, the more they ſtand out, the more

rare; if they be not dry when you have done all this, ſet them into a Stove.

166 *To make a rare Sillibub.*

TAke a quart of Cream, a pint and half of White-wine or Sack, the juce of two Lemmons, with ſome of the pill, and a branch of Roſemary; ſweeten it very ſweet, then put a little of this liquor, and a little of the Cream into a Baſon, beat them till it froth, put that froth into the Sillibub-pot, and ſo do till the Cream and Wine be done; then cover it cloſe, and ſet it in a cool ſeller, if it ſtand there twelve hours it will be the better, if you pleaſe you may put in a little Amber-greece into the wine.

167 *Rare Cake without Sugar.*

TAke the whites of ſix Eggs, and one Yoalk, one pint of Cream, ſo warmed that it may melt a pint of butter; half a pint of good Ale yeaſt, make theſe into lithe paſt with fine flower, and two ſpoonfulls of Roſewater; when it is well wrought pull it in ſmall pieces, and ſtrew in a pound of Carroway-Comfits; then rub ſome paper with butter, and make them in little cakes very thin, and bake them in an

oven

oven not to hot, let them ſtand half an hour.

168 *To make a Rare Sweet-Powder for the Hair.*

TAke a pound of the beſt ſtarch you can get, put it into a Baſon, and put to it half a pint of Roſemary-water, half a pint of Roſe-water, ſtir them well together with a ſpoon, then dry them well in the Sun, take then the ſearced powder of Damask-Roſes, and four grains of Ambergreece, and mix it well with your ſtarch, and ſift them fine.

169 *To make Cakes of Piſtachoes.*

TAke half a pound of blancht Almonds, and half a pound of Piſtachoes, and a quarter of a pound of Pine-Apple-Seeds; beat all theſe into a perfect paſte with a little Roſe-water, that you may roule it out like Marchpane; then faſhion it upon Pie-Plates like Mackrooms; you muſt beat ſome ſugar amongſt them, lay them on Waffer-Sheets, and prick them with whole Piſtachoes; then with a feather Ice them over with Roſe-water and Sugar and the white of an Egg, and bake them in an oven not too hot; then lay on ſom leaf-gold.

170 To make Cakes of Apricocks in Lumps.

TAke Apricocks and pare them, and cut them in halfes; then take their weight in Sugar, put half this Sugar and the Apricocks into a Skillet, let them boyle a pace till they look clear, then boyle the other part of the Sugar to a Candy height; then put them together and ſtir them a while; then put them into glaſſes, and ſet them in a Stove to dry; when the one ſide is dry turn the other.

171 To make Rasbery Sugar.

TAke the juice of Rasberies, and wet your Sugar with it, and dry it in a Stove leaſurely; this will keep all the year, a little of it being put into a bottle of Wine will give it a good colour, and as pleaſant a taſte as you can deſire; in this manner you may make Sugar of any Fruit, Flower or Herbs.

172 To dry Apricocks.

STone them that be faireſt, and not too ripe; then weigh them, as you pare them, put them into cold water, have in readineſs their weight in fine Sugar, wet it

with ſome of the water they lie in, and boil it to a Candy-height; then put in your Apricocks, and boil them till they are cleer; when they have lien three dayes in the Syrup, lay them out upon glaſſes to dry; ſet them in a Stove, and turn them twice a day, duſting them over every time with fine Sugar.

173 *To make rough Marmalade of Cherries.*

TAke your Cherries ſtoned, and put them into a Pot, tie it up cloſe, and ſet it in a Kettle of water which boiles; and when you think they begin to boile in pieces, take it from the fire, and have in readineſs their weight in Sugar, boiled to a Candy-height; then put in your Cherries, but do not let them boile, ſtir them over a ſlow fire till it will Jelly; then put them into glaſſes.

174 *To make ſmooth Marmalade of Cherries.*

BOile them in a Kettle of water as you do for the rough Marmalades; then ſtrain them hard, and boil the juice with a Candy, juſt as you do the rough Marmalade.

175 *To make White Trencher-Plates that may be eaten.*

TAke the yolks of two Eggs, two ſpoonfuls of Sack, one of Roſe-water, & as much Flower as will make it into a ſtiff paſte; then roule it thin, and lay it upon the outſides of Plates; the Plates being well buttered firſt, cut them fit to the Plates, and ſet them into an hot Oven, (not too hot) then take them forth: and when they are cold, take a pound of Double-Refined-Sugar, and beaten, and ſearced with a little Amber-greece, the white of an Egg, and three or four ſpoonfuls of Roſe-water; beat theſe together, and with Feathers waſh them all over, and ſet them into the Oven again till they be hard.

176 *To make the Froth-Poſſet*

TAke three pints of Cream or new Milk, ſet it on the fire, then take ſixteen Eggs, and put the whites all into a Baſon very deep, and beat the yolks by themſelves with ſome Sugar, make a Cuſtard with them, with the Milk or Cream that is on the fire; then beat the whites of Eggs to a froth with two ſpoonfuls of Sack, and

as much of Sugar; when it is a thick froth, put it into another diſh with a ſpoon; then take half a pint of Sack, and ſweeten it with Sugar, ſet it on a Chaffing-diſh of Coales in a large Baſon; when it is hot, put in as much froth as the Sack will receive, ſtir it in very well; then take your Cuſtard, and pour upon it, ſtir it all one way while you put it in; then if the froth do not cover the top of the Poſſet, put in more, ſtir it very well, and cover it cloſe with a warm diſh; let it ſtand a while upon Coals, but not too hot; you may know when it is enough, by putting your ſpoon into the bottom of the Baſon, where it will be cleer drink, curd in the middle, froth on the top.

177 *To make Banbury-Cake.*

MAke a Poſſet of Sack, and Cream; then take a peck of fine Flower, half an ounce of Mace, as much of Nutmeg, as much of Cinnamon; beat them and ſearce them; two pounds of Butter, ten Eggs, leaving out four whites; a pint and half of Ale-yeaſt; beat your Eggs very well, and ſtrain them; then put your yeaſt

and

and ſome of the Poſſet to the Flower, ſtir them together, and put in your Butter cold in little pieces, your Poſſet muſt be ſcalding hot, make it into a Paſte, and lay it to riſe in a warm cloth about one hour; then put in ten pound of Currance, and a little Musk and Amber-greece diſſolved in Roſe-water; let your Currance be very dry, or elſe your Cake will be heavy, ſtrew as much Sugar among your Currance, as you ſhall think fit, break your paſte into little pieces into a Kimnel, or ſuch like; when you go to put in your Currance, then lay a layer of broken Paſte, and then a layer of Currance, till all your Currance are ſpent; then mingle your Paſte and Currance well together, keep out a piece of the Paſte in a warm cloth, to cover the top and bottom of your Cake; you muſt roule the cover thin, and alſo the bottom, and them together where you think fit with ſome Roſe-water, prick the top and bottom with a ſmall Pin or Needle; and when it is ready to go into the Oven, cut it in the ſides round about; let it ſtand two hours; when it is baked, Ice it over with Roſe-water, or Orenge-flower-water, with the whites of Eggs, melted Butter and Sugar; then ſet it into the Oven again till the Icing be hard.

178 *To make Cambridge Almond Butter.*

TAke a quart of Cream, ſixteen Eggs well beaten, mix them together, and ſtrain them into a Skillet, ſet them on a ſoft fire, ſtirring it continually; when it is ready to boyle, put in half a quarter of a pint of Sack, and ſtir it till it runs to a Curd, then ſtrain the whey from it as much as may be; then beat a quarter of a pound of blanched Almonds with Roſe-water; then put the curd into a Stone or wooden Morter by degrees, with ſome of the Almonds, and a pound and half of fine Sugar, and when it is well beaten, put it into preſerving glaſſes or gally-pots, it will keep a fortnight or three weeks: you muſt eat it with bread.

179 *To make a Sack-Poſſet without Bread or Milk.*

TAke a quart of Ale, and half a pint of Sack, let it boyle with what Spice you pleaſe; then take three quarters of a pound of Sugar, and twenty Eggs, yolk's and whites well beaten and ſtrained thorow a cloth;

Cloth; then take a quarter of a pound of Almonds blanched, and well beaten with Roſe-water, put them into the Eggs, and put them into the skillet to the other things upon the fire, keeping them ſtirring, and when it boyleth up, put it into a Baſon, and hold the Skillet over it a while, then ſtrew on Cinnamon and Sugar.

180 *To make Sack-Cream.*

TAke a pint and half of Cream, boyle it with Nutmeggs and Mace till one quarter be boyled away, then ſtir it till it be cold, that it may have a Cream on the top with ſtanding, ſweeten it well with loaf-Sugar, put into it four or five ſpoonfulls of good Sack, then ſtir it a little about, and put it into the diſh; and when it hath ſtood half a day eat it.

181 *To make a Roſe-mary Triſle.*

TAke the ſame quantity of Cream as above, and boyl it juſt ſo; then ſtir it with a ſprig of Roſemary till it be as cold as Milk from the Cow; then ſweeten it with Sugar, and put to it half a ſpoonful of Runnet,

net, ſtir it about and put it into the diſh; when it hath ſtood two houres and a half, ſerve it in, and eat it with any Wine what you pleaſe.

182 *To Preſerve Figs, and to dry them.*

TO every pound of your large Ripe Engliſh Figs, take a pound of Sugar, and one pint of Water, boyle the Sugar and Water and Scum it; then put in your Figgs and boyle them very well, till they are tender and clear, boyle them very faſt, and Scum them clean; when they have lain in the Sirrop a while, as a week or ſo, boyle ſome Sugar to a Candy height, and put in your Figgs; and when they have been in a while, lay them upon ſheets of glaſs to dry.

183 *To pickle Muſhrooms.*

TAke them of one Nights growth, and pill them, in-ſide and out-ſide, boil them in water and ſalt one hour; then lay them out to cool; then make a pickle of White-Wine, and White-Wine-Vinegar; & boil in it whole Cloves, Mace, Nutmeggs & Ginger

Ginger ſliced; when it is cold, put them in: Theſe are good to put in Sauces.

They are not good beyond *March*.

Gather none till after *Michaelmas*.

And if you would dreſs them to eat preſently, you muſt ſet them in a diſh over a Chaffing-diſh and Coales without any Liquor, and the fire will draw out all their natural Liquor, which you muſt pour away, then put in whole Spice, Onions and Butter, with a little Wine, and ſo eat them hot.

184 *To Preſerve Quinces to look Red.*

WHen they are pared, and cored, put them into cold water till your Sirrop is ready, which muſt be made of the weight of the Sugar, and to every pound of Sugar, a pint of water; when this is boiled, and ſcummed, put in your Quinces and ſet them on a ſlow fire, cover them cloſe, and let them ſtand ſo till you ſee they are of a good colour; then boile them up quick, till the Quinces be tender, and the Sirup Jelly.

185 *To make red Marmalade of Quinces.*

WEigh your Quinces, and pare them, cut them in quarters and core them, keep them in cold water; then take their weight in Sugar, and a little Water, and boile it and ſcum it, then put in your Quinces, and ſet it on a ſlow fire, cloſe covered; when you ſee they be of a good colour, uncover them, and boile them up quick, till the Syrup Jelly; then put it into Glaſſes.

FINIS.

GLASGOW UNIVERSITY LIBRARY

Mary Splidt was
4 Oclock Morning
Born ye 26 Oct 1743

William Splidt was
Born ye 19 April 1746
10 Oclock Morning

Christian Splidt
was Born ye 31 March
1748. 8 Oclock in Evening

Elnor Splidt was Born
ye 11 December 1750
old stile 5 Oclock Morning

Mary Splidt was Born
ye [illegible] June 1756 att
tow [illegible] the Afternoon